



51. Brockenlauf
Ilseburg / 03.09.2022

Detailed evaluation

Caspar, Lukas

Club: Ilseburg
Number: 564

Course: 9.60 km
9,6 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 1:00:34

Speed: 8.92 km/h
Running performance: 6:19 min/km

Rank in course/Total: 103 (of 147)

Rank in course/Men: 74 (of 90)

Best time in course: 37:03

Rank in category: 14(of 14)

Best time in the category: 40:23

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	29:42	7:14	14	9:26	71	10:57	4.10	29:42	7:14	14	9:26	71	10:57
Loddenke	2.20	13:04	5:56	11	5:21	77	8:29	6.30	42:46	6:47	11	14:47	73	38:11
Ilseburg/Markt	3.30	17:48	5:23	12	5:24	70	6:35	9.60	1:00:34	6:18	14	20:11	74	23:31